## **Prevent Pneumonia and Urinary Tract Infections**





Keep head of bed at 30 degrees and foot of bed at 15 degrees, unless instructed not to do so.



**Do deep breathing and coughing at least 10 times every hour.** Use an incentive spirometer if given to you.



Sit on the edge of the bed as soon as you can. Sit in a chair for meals or sit up in bed.



Walk 1 to 3 times every day. If pain prevents you from getting up, ask for pain medication.

Ask for your urinary catheter to be removed if you have one.



**Clean your teeth and mouth 2 to 4 times every day.** Ask a family member to pick up oral care supplies for you.

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The information in this document is intended solely for the person to whom it was given by the healthcare team.

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